

# Living Well

Fall 2016

**Some of Our  
Friends Need  
Help!**  
*page 16*

**Sleep Peacefully:  
Identify and Treat  
Bedbugs**  
*page 20*

**Living Life Well**  
*Johnson Gave His All*  
*page 4*



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Volume 12 • Issue 4

# Listen, Learn & Leave

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- Medicare Supplements
- Medicare Advantage Plans



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## Losing a Good Friend and His Smile

We recently said goodbye to Harland Johnson – a great friend of the community and Aging Partners. I hope our story in this publication honors him in the way he deserves. Harland taught me and others a lot, from my swimming lessons at age 6 to my trust in him for advice and counsel. He was a tremendous example of the Rotary Club motto, “service above self.” He showed us how giving of oneself to someone else changes the world.

I will remember Harland's smile and laugh. I share the following by Francie Baltazar-Schwartz in honor of Harland and his smile:


### “The Value of a Smile”

The value of a smile is priceless, yet it is the cheapest, easiest, most rewarding and most sincere gift to anyone that crosses your path. A smile makes a person's day — anybody's day, even a stranger's day. A smile is infectious. Start infecting people with your smile today.

A smile is nature's best antidote for discouragement. It brings rest to the weary, sunshine to those who are sad, and hope to those who are hopeless and defeated.

A smile is so valuable that it can't be bought, begged, borrowed,

or taken away against your will. You have to be willing to give a smile away before it can do anyone else any good.

If someone is too tired or grumpy to flash you a smile, let them have one of yours anyway. Nobody needs a smile as much as the person who has none to give. 



Randall Jones



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This publication's purpose is to educate and inform persons on topics, programs, issues and activities that are of concern to the mature population, their families and community organizations. Specific emphasis is on articles pertaining to the services of Aging Partners. Contents may be reproduced with credit to the magazine.

An audio edition of Living Well is available FREE from the Nebraska Library Commission's Talking Book and Braille Service, The Atrium, 1200 "N" St., Ste. 120, Lincoln, NE 68508

# Staying Involved

## Living Life Well *Johnson Gave His All*

On a rural farm in Kansas, Harland Johnson grew up learning what hard work and dedication looked like.

That followed him through

his 82 years of life while he worked hard to raise a family and volunteered for various groups, activities and clubs. He made an impact not only on the people with

whom he interacted, but the entire Lincoln community.

On July 25, Lincoln lost one of its greatest supporters when Johnson passed away at his home.

### **The Beginning of a Legacy**

Johnson moved to Lincoln in 1960 to lay groundwork for the Northeast YMCA. As executive director, he ran activities out of his home before the building was completed in 1969.

For his wife, Eulah, and their children, Sheree, Linda and Chris, the home served as an office and location for programs and clubs.

Johnson taught more than 10,000 children to swim, all without a pool.

“My forte was teaching swimming,” he said. “When I came to Lincoln, there wasn’t a swimming program in northeast Lincoln.”

Trained as a Red Cross water safety instructor, Johnson put together a program and taught children at Northeast High School, Nebraska Wesleyan and neighborhood pools.

At the dedication of the Northeast YMCA pool, appropriately named “Harland Johnson Pool,” legendary Nebraska football coach Bob Devaney said, “This guy has taught over 10,000 kids to swim and he didn’t have a pool. What could he have done with a pool?”

Johnson continued to teach life-saving skills. As one of the first





CPR teachers in Nebraska when the practice was introduced, he purchased the state's first Resusci Anne dummy in 1960.

He served the Family Branch YMCA from 1970 until 1977, when he became a coordinator of legislative services with the Nebraska unicameral. There, he developed the design for the seven hearing rooms in the capitol building and served as chaplain from 1984 until his 1999 retirement.

### A Retirement Well Spent

Johnson put himself to work during his retirement by volunteering.

"When I was with the Y and legislature, I didn't have the free time," he said. "What I did after retirement was volunteer."

A 55-year member of the Lincoln East Rotary Club, Johnson had 49 years of perfect attendance.

He volunteered with the Red Cross nearly 60 years. He served on the Red Cross First Aid team for



*Johnson was named Grand Marshal of the Cornhusker State Games Opening Ceremonies Parade of Athletes July 15, in honor of his service on the Opening Ceremonies committee.*

Husker football games, spending his last 24 years in the command post directing the operation. In his 52 years on the first aid team, he only missed one home game.

Johnson also served on the Opening Ceremonies committee for the Cornhusker State Games since its inception in 1985.

He volunteered in his neighborhood — serving 56 years as a member with Bethany Christian Church, and he maintained and expanded the Avenue of Flags on North Cotner Boulevard for 40 years.

After spending time behind the camera while working for the legislature, Johnson heard Aging Partners was producing a TV show and needed hosts. Interested in being in front of the camera, he applied. Out of 54 people, he was chosen as one of the original four hosts.

"I took a pleasure in finding the stories of people who had an interesting lifestyle and telling them to the public," he said.

Serving 16 years as a host, Johnson taped more than 150 shows.

During the Christmas season, he donned a red coat and white beard, transforming into Santa Claus, working an average 40 events per season for more than 45 years.

### The Diagnosis

When he lost more than 70 pounds in six months last year, Johnson turned to doctors to determine the cause. In January, he was diagnosed with pulmonary fibrosis. His lung tissue became damaged and scarred, making it more difficult for him to breathe properly.

"You go through several emotions — the shock, the depression — and you bargain with

God," he said. "You come to realize it's a fact and you make a bucket list. You do what you can and make the best of it. I've always been a positive person."

### The Recognition

In his final months, Johnson's dedication was recognized by the organizations he served:

- Chris Klingenberg and Jason Smith of YMCA Camp Kitaki presented Johnson a plaque June 3 declaring him a Saint of the Knights of Kitaki.
- Bethany Christian Church presented him an Elder Emeritus pin for 50-plus years of service.
- He was named Grand Marshal of the Cornhusker State Games Opening Ceremonies Parade of Athletes July 15.
- Mayor Chris Beutler presented him a bronze medallion as a thanks for his citizenry of Lincoln and noted his positive impact on the city.

### Moving Forward

Through it all, Johnson lived a positive, impactful life. His positive spirit has encouraged his children and countless others to strive on.

"Whenever he got a setback in one division, he would pull out and move forward," said his daughter, Sheree. "He has always been positive after setbacks and plowed on ahead. He was always thinking of others."

His daughter described Johnson as the energizer bunny.

"It was always hard to get him to slow down," she said.

The day of his death, Johnson performed his last act of volunteerism: donating his body to science to better help doctors understand his pulmonary fibrosis and rare heart defect.

Truly, a life well-lived. **LW**

# Spotlight on Seward County

*By Kathy Ruzicka, program manager,  
Seward County Aging Services*

Seward County Aging Services is dedicated to helping our aging population live independently and remain an active and vital part of their community. We are a resource for older adults and their families, providing information about the network of services available throughout the county. The agency maintains its visibility through our Facebook page, educational pamphlets on nutrition and caregiving topics, and extensive outreach efforts at the county's annual health fair. Seward County Aging Services serves the entire county and includes senior centers in Milford, Seward and Utica.

The Seward County Aging Services office is located at the Milford Senior Center, 105 "B" St. The staff consists of Kathy Ruzicka and Arica Dawe.

Dawe serves as a program assistant for information and assistance — accessing publicly

funded programs, caregiver assistance and other services. The program assistant also supports and updates our Facebook page.

The staff are certified as Senior Health Insurance Information Program (SHIIP) counselors through the Nebraska Department of Insurance. They assist clients with Part D prescription information and Medicare issues.

This past year saw an expansion in the number of older adults introduced to Tai Chi, an evidence-based health program that has proven to reduce falls and improve balance for older adults. The program is growing, with 47 seniors participating this past year.

The Mom's Meals program provides home-delivered meals in unserved rural areas in Seward County. The program is administrated through the county manager.

Farmers market coupons are distributed to income-eligible seniors age 60 and over. They provide seniors the opportunity to purchase fresh fruits and vegetables from local

farmers markets. This year, the county program provided coupons to 55 clients.

## Congregate Meal Sites

The Milford Senior Center has served its community more than 25 years. The center is open from 9 a.m. to 3 p.m. weekdays with noon meals and a salad bar offered on Wednesdays. Brunch is served on the second Thursday of the month. It has Tai Chi, Wii bowling, card playing, blood pressure checks, educational and nutritional programs, birthday celebrations, and a foot clinic every other month. The new exercise room is open for use during the week. It also has a potato bake fundraiser on the fourth Wednesday of the month. This is coordinated by Milford Senior Center manager Nancy Buchli and her volunteers. The center is undergoing renovations and will have a new look by the end of October.

The Lied Senior Center of Seward has also served their community more than 25 years. The center is



### Milford Senior Center

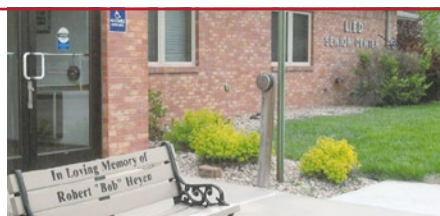
402-761-3367

105 "B" St.

Nancy Buchli, senior center manager

Email: milfordseniorcenter@outlook.com

Facebook page: Milford Senior Center



### Seward County Aging Services

402-761-3593

105 "B" St. (located in the Milford Senior Center)

Kathy Ruzicka, program manager

Email: kruzicka@lincoln.ne.gov

Facebook page - Seward County Aging Service

Arica Dawe, program assistant

Email: adawe@lincoln.ne.gov



### Utica Senior Center

520 "D" St.

Joyce Schriener, senior center manager

Email: jschriener@windstream.net

### Lied Senior Center of Seward

1010 Manor Drive W

402-643-4466


Katrina Goldsmith, senior center manager

Email: 4goldsmith@gmail.com



open from 9:30 a.m. to 3:30 p.m. weekdays. The center manager is Katrina Goldsmith, who is assisted by some dedicated volunteers. Brunch is provided on the third Thursday of the month, and there always are anniversaries and birthdays celebrated with entertainment. The fourth Thursday of the month is a potato bake fundraiser. Other activities offered at the center are foot clinics, crafts, yoga, Tai Chi, exercise classes and card games, as well as nutrition information.

The Utica Senior Center is open from 9 a.m. to 3 p.m. every Wednesday and Friday with noon meals available. It also offers home-delivered meals every day of the week. Sunday Night Sundaes starts at 5 p.m. the third Sunday of the month and attracts seniors from around the community. The quarterly potato bake fundraiser is from 11 a.m. to 1 p.m. the third Sunday of the month. The exercise room is available during normal hours and by appointment after hours when staffed by volunteers. The center manager, Joyce Schriener, works to provide educational and nutritional programs, birthday celebrations, and other activities to the community.

If you haven't visited a senior center in Seward County, it's time to do so. Senior centers are a great place to meet friends or make new ones. Contact the center or Seward County Aging Services with any questions about all that's offered. 



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# Spotlight on Butler County

*By Diana McDonald, program manager, Butler County Senior Services*

There is never a dull moment at the Butler County Senior Center in David City. It offers a multitude of services and activities for seniors. There truly is something for everyone. The staff consists of Director Diana McDonald, Assistant Director Diane Kozisek, a cook, assistant cook and two part-time drivers. They work with some great volunteers to deliver programs and services that fit the needs of Butler County seniors.

## Equipment Rental

There are times when our seniors, and those who are not seniors, need various equipment to help them during a recovery period. For a small rental fee, we provide several items. We have walkers, wheelchairs, crutches, canes, toilet risers and various other types of equipment available.

## Transit and Busy Wheels

Public transportation is available for those who need it. We have four vans that are wheelchair and walker accessible. Our Busy Wheel van runs within the city limits of David City from 8:30 a.m. to 2:30 p.m. Monday through Friday. Rides are provided for doctor appointments, banking, groceries or if you just want to go visit friends or family. Transportation is also provided out of town. Whether you are a senior or just someone who may need a ride, we're here for you. We've designated days at a discounted rate for trips to Omaha, Lincoln, Grand



*Employees, volunteers and attendees from left, Faye Osborn, Kenny Pohl, Gene Zeilinger, Esther Bailey, Ruby Landhorst, Dorothy Schultz, Marci Sabata and Olga Lehr.*

Island and Columbus. We also work with Intelliride (out of Omaha) to provide medical transportation for Medicaid and Medicaid Waiver clients. Call 402-367-6131 from 8 a.m. to 4 p.m. Monday through Friday to schedule an appointment.

## Meals and Home-Delivered Meals

We pride ourselves in providing a home-cooked meal at noon Monday through Friday. There is no reason to ever leave hungry. In the summer, we have a salad bar from vegetables that are generously donated. We have area gardeners who keep us supplied with fresh produce all summer long. We also provide home-delivered meals Monday through Friday. Volunteers pick up the meals from the senior center and deliver them to those who are not able to come in.

## Foot Care and Speakers

Every three weeks, we have registered nurses who visit the center to provide foot care. They gently soak feet, trim nails and ensure your feet are taken care of. They even give a little massage to your feet and legs. There are also various speakers who provide a

wealth of information on various subjects.

## Activities

Our seniors enjoy a variety of activities. We have several who participate in FROGS (Fitness Reaching Older Generations), Tai Chi, quilting, puzzles and card games. On Tuesday evenings, we provide a place for people to gather to play cards. We even provide a hot, home-cooked meal. Entertainment is scheduled throughout the month, too. For example, the first Friday of the month is Accordion Day. We have about 15 to 20 musicians who entertain. We usually try and schedule another form of entertainment later in the month.

## Fundraising

One Sunday a month, we have a brunch that's open to the public. We have a potato bake the second Thursday of every month that is also open to the public. Many area business personnel like to participate in this event. We recently even had a cream can dinner. People were fascinated with how you cook all the food in a cream can on a propane burner.





*The first Friday of the month is Accordion Day at Butler County Senior Center in David City.*



*Butler County seniors enjoy quilting among other activities.*

## Volunteers

Our seniors at the center are always willing to volunteer. They volunteer to help drive our Busy Wheels van, answer phones, serve lunch, conduct bake sales, help with foot care, and assist with home-delivered meals. We would not be able to provide the services we do without their help. They are always ready with a smile and helping hand.

If you are ever in David City, please stop by and see our wonderful center. We'd love to visit and show you around. We are located at 592 "D" St. in David City and can be contacted at 402-367-6131 or 402-367-6132. **LW**



*Older adults participating in Tai Chi fitness class.*



*Houston Doan, former Aging Partners financial and insurance counselor, and Leta Powell Drake, Live & Learn host.*

# Live & Learn

## Four New Co-hosts to Join TV Show



**F**our new volunteer co-hosts are set to join current hosts Leta Powell Drake, Kristen Stohs and Sam Truax. Beginning in October, Bill Ainsley, Kim Hachiya, Tom Johnson and Jerry Renaud will join the Aging Partners Live & Learn team.

Hosts Kris Beckenbach and Tom White stepped down in June after five and three years, respectively, while original host, Harland Johnson, died in July.

"All you need is a love of people and learning, and you'll have fun with this," White said.

Beckenbach agreed that the show is easy.

"It isn't difficult to come in and talk with people who have a story to tell," she said.

Though it may seem daunting at first, putting a show together is an enjoyable, rewarding experience. Hosts gather with the producer and director for a monthly production meeting to discuss ideas.

"We share resources and contacts," Beckenbach said. "We laugh a lot and share a pot of coffee."

Hosts then gather information, find guests and prepare before taping the show.

"To be able to talk about the history, beauty and the wonderful community that is Lincoln, Nebraska, in a meaningful way and bring those stories to life along with helpful information about fraud, health care, legal issues, medical issues, and life for our viewers, has been a joy for me," Beckenbach said.

The show's title says it all — Live & Learn.

"Aging Partners has a lot of wonderful and knowledgeable staff," White said. "When we have guests from Aging Partners, I learn so much about various issues."

Beckenbach grew from her time volunteering.

"I've learned so much," she said. "I hope people will take that learning and let it enhance their lives. That's what being part of this show has done for me."

More information on the new hosts will be included in the Winter 2017 *Living Well* publication. **LW**



# Fan Donations Give Older Adults Something to Cheer About

Nebraska summers are hot. With temperatures sometimes climbing into triple digits, those age 65 and over are more susceptible to heat stress because they do not adjust as easily to sudden changes in temperature. Some may have a chronic medical condition that may be exacerbated by higher temperatures and humidity.

That is why the Coalition for Older Adult Health Promotions (COAHP) collected fans and personal care products during its fourth annual “Be A Fan of Seniors” Donation Drive May 18.

“If people don’t have the resources, this is the first thing they will not purchase,” said

Larry Gadeken, COAHP executive board president.

This year, more than 150 fans were collected. COAHP conducts the drive. Collected fans and personal care products are given to Aging Partners for distribution to older adults in Lincoln and the surrounding communities.

“Larry and his organization do a great job to help fulfill an obvious need here — it gets hot in Nebraska, and we need to keep people, especially our older adults, cool and comfortable,”

said David Norris, Aging Partners public relations and marketing specialist. “It’s a heartfelt effort on their part — a gift to the community.”

A nonprofit organization that started 25 years ago, COAHP is comprised of local businesses working together to promote communication and coordination among providers by sharing and identifying services and needs of



*Larry Gadeken, COAHP executive board president*

older adults in southeast Nebraska.

With 245 members, the organization gives back to the community in various ways, including an annual awards banquet in which they recognize health care professionals and volunteers.

“We recognize people in the community who have made a difference in the lives of the elderly,” Gadeken said.

They also donate to a



*COAHP offers monthly breakfasts or “mixers” that allow providers to learn more about things which affect older adults.*



senior-related charity during the annual Christmas party raffle and speak to students at the University of Nebraska's Department of gerontology to encourage and inform them about available opportunities.

COAHP also provides an older adult with the opportunity or dream of a lifetime through "A Wish Come True." Last year, the lucky recipient met his hero, Doc Severinsen, and received front-row tickets to his show at the Lied Center with his sons.

Because the organization is made of businesses in the area that serve older adults, they speak on legislative issues and topics such as Parkinson's disease or post traumatic stress disorder to better help caregivers.

"The thing about COAHP is that many of us in the room are competitors, but we are on the same




*COAHP members with donated fans from left, Natalie Leon, Alzheimer's Association; Becca Henry, HoriSun Hospice; Jen Wolf Wubbels, Southlake Village Rehabilitation and Care Center; and Tammy Berens, Kindred at Home.*

team as the Coalition," Gadeken said. "COAHP has made Lincoln a friendly, cooperative community when it comes to seniors and their needs."

COAHP members become friends, working toward the same goal of bettering the lives of older adults in the community.

"When we are together, we share experiences, events and accomplishments," Gadeken said. "That is unique and important. We love seniors, and that's the most important thing."


For more information about COAHP, visit [www.LincolnCOAHP.com](http://www.LincolnCOAHP.com). 

# You've had plenty of awkward conversations.

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# Planning Ahead

## Medicaid Changes Coming

Changes are on the horizon for Medicaid in Nebraska. Calder Lynch, director, Division of Medicaid and Long-term Care for the Nebraska Department of Health and Human Services (DHHS), explained the changes Aug. 10 during the Quarterly Outreach Breakfast at the Downtown Senior Center.

Today's fragmented delivery system for Medicaid is changing to Heritage Health, as DHHS moves toward a more integrated care delivery system.

Heritage Health is a fully integrated managed care system that combines physical health, behavioral health, and pharmacy services under one managed care company statewide.

Individuals with Medicaid will choose one of three health plans, either Nebraska Total Care (Centene), UnitedHealthcare Community Plan, or WellCare of Nebraska. Medicaid members received choice packets in September, which included information on how to choose, a chart, and how to request choice counselors.

According to Lynch, weekly mailings will encourage members to choose the plan that best suits them. For those who do not choose one by December, Automated Health Systems, the enrollment broker, will use an automated program to choose the best plan for each individual and automatically enroll.

"Everyone will have three months to change plans in January if they wish to," Lynch said, "whether they chose their plan or were auto-assigned."

To ensure a successful implementation, DHHS worked with the three health plans by signing contracts nine months before the system goes live to work through potential problems and evaluate changes.

"We are in regular communication with the plan providers to work on any issues," Lynch said.

DHHS is engaging people statewide through group meetings and advisory committees, focusing on consistency, clarity, behavioral health integration regarding service definitions, and the authorization process.


According to Lynch, DHHS will hold contractors accountable by having well-written contracts, staff in the right places, and the right tools for users to let DHHS know how the change is working.

For more information about Heritage Health, visit [www.dhhs.ne.gov/medicaid/Pages/med\\_medcontracts.aspx](http://www.dhhs.ne.gov/medicaid/Pages/med_medcontracts.aspx).

During past years, DHHS, through the Division of Medicaid and Long-Term Care, has evaluated the delivery of long-term care. The redesign planning will continue into 2017. DHHS is seeking feedback on mechanisms to enhance the stakeholder input process.

"We are finding what's working well and what's not to develop recommendations to move forward," Lynch said.

DHHS wants to learn what the ideal system would look like, how care would be delivered, and what would be covered.

For more and updated information about the LTC redesign, visit [www.dhhs.ne.gov/medicaid/Pages/medicaid\\_LTC.aspx](http://www.dhhs.ne.gov/medicaid/Pages/medicaid_LTC.aspx). 



*Calder Lynch, director, Division of Medicaid and Long-term Care, Nebraska Department of Health and Human Services*



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# Help with Medicaid Changes

Beginning Jan. 1, those with Medicaid will see changes in how their health services are managed.



Nebraska is moving to a managed care model for physical and mental health, called Heritage Health. Managed care is a system in which the State contracts with a managed care organization to provide health care benefits and services to Medicaid enrollees. It is designed to reduce costs and enhance access to care.

Heritage Health combines Nebraska's current physical health, behavioral health and pharmacy programs into a single system. Previously, enrollees received their physical health, behavioral health, and pharmacy benefits through three plans.

"With Heritage Health, an individual would select a medical provider or doctor who is a member of the managed care plan's provider network," said Sandy Lutz Aging Partners program coordinator. "We anticipate the managed care companies will provide a list of medical professionals. DHHS administrators have begun informing medical providers of this change."


This fall, enrollees can choose a health plan with a package of health services and benefits. If already enrolled, you may have received notifications in the mail. The three plans are contracted through UnitedHealthcare Community Plan, Nebraska Total Care (Centene), and WellCare of Nebraska.

People who are currently eligible for Medicaid will receive information in the mail, describing the Heritage Health program and explaining how to enroll. The Nebraska Department of Health and Human Services has contracted with Automated Health Systems to provide assistance in selecting a managed care plan.

Although Aging Partners is not the Heritage Health enrollment broker, staff will be available to assist in this transition.

"We can help people obtain Heritage Health information, apply for and understand the benefits," Lutz said.

The only beneficiaries who will not be enrolled in a Heritage Health plan include participants in the program for all-inclusive care for the elderly (PACE), beneficiaries with Medicare coverage for whom Medicaid only pays coinsurance and deductible, those living in the country without legal permission eligible for emergency conditions only, and those required to pay a premium.

Dental services, nonemergency transportation, and long-term supports and services will continue to be managed as they are today and reimbursed through the fee-for-service program. 





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 *Designed for people age 55 and over.* 

# Prepare Now: Save Time During Emergencies

**“People don’t plan to fail, they fail to plan.” - Unknown**

Preparing for an emergency now is as important as ever. As an older adult, it is even more important to know you are ready when disaster may strike.

“I encourage everyone to prepare now,” said Jim Davidsaver, Lancaster County emergency manager. “If you postpone your preparations until disaster strikes, it’s too late.”

Davidsaver recommends assembling an emergency kit with basic supplies you may need for three days. Consider making two — one to stay at home, and another smaller, lightweight version to take with you if you leave your home. Plan for three days of supplies, and pack any resources you use daily. Assemble supplies in an easy-to-carry container such as a backpack or duffel bag.

## Make a Plan

It is important to prepare now for an emergency, especially if you have a mobility challenge.

Meet with other household members and determine what you will do in each emergency situation. For example, most will head to the basement in a tornado, but it may not be accessible for those in wheelchairs. You should have more than one wheelchair-accessible exit in case of evacuation.

Think through details of your everyday life, and those who assist you on a daily basis. Make a list of those people and how you will contact them in an emergency. Share your emergency plan with everyone and ensure they know how you plan to evacuate your home and/or where you will go in case of disaster. Make sure they have an extra key to your home and know where you keep your emergency supplies. Arrange for a relative or

neighbor to check on you.

Think about transportation you use and your alternatives. If you require handicap-accessible transportation, be sure it is also available.

Choose two meeting places in the event of a disaster: one near your home in case of fire, and one outside your neighborhood if you cannot return home after the disaster. Plan and practice how to escape.

In deciding whether to evacuate or stay put, evaluate the situation for both possibilities. Use common sense and available information to determine if there is immediate danger. Monitor radio or TV news reports for information and instructions.

You can consider getting a medical alert system, which allows you to call for help if you are immobilized in an emergency.

If you plan to travel, notify





someone at your destination of your anticipated arrival time. If you are overdue and can't be reached, your contact can alert the proper authorities.

"The best rule for traveling during potentially bad weather is to not do it unless it's absolutely necessary," Davidsaver said.

If you take medication daily, undergo routine treatments administered by a clinic or hospital, or receive regular services such as home health care, treatment or transportation, talk to your service provider about their emergency plans and determine backups.

If you use medical equipment at home that requires electricity, talk to your health care provider about what you can do to prepare for its use during a power outage. If you use items such as a cane, brace or splint, be sure you have extras in your emergency kit.

### Winter Safety

During extreme winter weather, dress warm and stay inside if possible. Conserve power by lowering the thermostat to 65 F during the day and 55 F at night. Close off any unused rooms.

If pipes freeze, remove any insulation or layers of newspaper and wrap pipes in rags. Open all faucets and pour hot water over the pipes, starting where they were most exposed to cold or where cold is most likely to penetrate.

Listen to radio or television to get the latest storm information.

If outdoors, dress warmly in loose-fitting, lightweight clothing. Layers can be removed to prevent perspiration and chill. Outer garments should be tightly woven and water repellent. Mittens are warmer than gloves because fingers generate warmth when they touch. Protect your lungs by covering your

mouth and avoid speaking unless necessary.

Before you leave home or shovel snow, stretch to warm up your muscles and take frequent breaks to avoid overexertion. Keep your clothing dry, and change clothing to prevent body heat loss.

### Weather terms:

- Wind chill is a calculation of how cold it feels outside when the effects of temperature and wind speed are combined.
- A Winter Storm Watch indicates severe winter weather may affect the area. A Winter Storm Warning states severe weather conditions are on the way. A Blizzard Warning means large amounts of falling or blowing snow and sustained winds of at least 35 mph are expected for several hours.

Older adults account for the largest percentage of hypothermia victims due to being exposed to dangerously cold indoor temperatures, or are asphyxiated because of improper use of fuels such as charcoal briquettes, which produce carbon monoxide.

### Fire Safety

It is important to practice fire safety year-round, but according to the U.S. Fire Administration, cooking is the leading cause of winter home fires. During the holidays, you may find yourself multitasking with cooking and other things. Never leave cooking food unattended.

Many will hang up more decorations to match the holiday season — but inspect the power cords first. If they are worn or damaged, replace them. They can cause electric shock and increase fire risk if the wires come in contact

*Prepare Now continued on page 18*

### Suggested Emergency Kit Items

- Water — 1 gallon per person per day.
- Nonperishable food and can opener.
- Battery-operated or hand-crank radio and NOAA weather radio with tone alert and extra batteries.
- Flashlight and extra batteries.
- First aid kit.
- Whistle to signal for help.
- Dust mask or cotton T-shirt to help filter contaminated air.
- Moist towelettes, garbage bags and ties for personal sanitation.
- Wrench, screwdriver and pliers to turn off utilities.
- Local maps.
- Pet food, extra water and supplies for your pet or service animal.
- Extra clothing.
- Blanket or sleeping bag.
- Cash to purchase supplies.
- Prescription medications you use daily.
- Hearing aids, batteries and an extra pair of glasses.
- Wheelchair batteries.
- Oxygen or other necessary medical equipment.
- Medic alert bracelet.
- A waterproof container that holds emergency documents such as family records, wills, power of attorney documents, social security numbers, credit card and bank information.
- Copies of your medical insurance, Medicare and Medicaid cards.



# Some of our friends need help!

Remember the Beatles' song: ***"With A Little Help from My Friends?"*** We all need help from time to time, especially as we age.

Margaret is an 85-year-old woman who devoted her life to the care of her husband for over 55 years. They struggled together to keep food on the table during the tough times. When her husband lost his job earlier in life, it was Margaret who encouraged him and gave him the confidence to find another one. He was her partner in all things. They were inseparable.

**Since her husband passed, Margaret has no one to depend on,** no one to prepare her a hot meal or to check on her health. She didn't go out much, if at all, and began to struggle with depression. Sometimes she just couldn't stop crying.



Thanks to a friend who had used our agency before, Margaret was helped by Aging Partners. Ensuring that she has a hot meal, access to health services, and regular visits has helped turn Margaret's life around. She even smiles now on a daily basis.

**Aging Partners works with thousands of older people** in an eight-county region in Southeast Nebraska. We enhance daily living; expand personal choices for seniors who need help; and save lives through their nutrition programs, evidence-based fitness activities and health clinics.

Margaret is only one of the many older adults we see that **need our help**. But, so many more seniors who need our help live behind closed doors. Your support of Aging Partners ensures that we are able to meet the growing needs of area seniors when they need a friend's help in accessing benefits, a hot meal or other critically needed services.

**Can you be a friend to Margaret and others like her?**

For our Seniors,

A blue ink signature of Mark Richardson.

Mark Richardson, President  
Seniors Foundation

A blue ink signature of Randall S. Jones.

Randall S. Jones, Director  
Aging Partners

The phrase "Can you help?" is written in a cursive, handwritten style in red ink.

P.S. Your gift of \$25 can help us provide a hot meal and a smile to a senior for a week. And, please tell your friends about our services.

**\*Margaret's story is a representation of many of the clients we serve.**





You can make a tremendous difference in the world of an older adult by helping them at the most vulnerable point in their lives.

Without your help, older adults like Margaret live in a world of isolation where they never smile and the crying never stops – a world where sadness, depression and despair are an everyday way of life. It's a world where the sun never shines and the skies are always gray.

We ask for your assistance to help make sure that Margaret and others like her get the help they deserve. With your help, Aging Partners can assist those who can't help themselves. Without your help, needs go unmet and vulnerable, older adults see their focus blur, their organization suffer and their unneeded possessions accumulate.

Please help the sun shine on the world of an older adult in need.

***You are their ray of hope.***



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800-247-0938  
[aging.lincoln.ne.gov](http://aging.lincoln.ne.gov)



The Seniors Foundation is a 501 (c) 3 organization and all financial contributions are tax deductible.

## Prepare Now: Save Time During Emergencies

*Continued from page 15*

with anything that can burn. Don't daisy chain or connect more than one extension cord together. It overloads them, which results in a short circuit and can create a fire.

December is the peak time of the year for home candle fires. Blow out candles when you leave the room, as even a pet can blow or knock them over.

During winter, many use heating devices such as space heaters and wood stoves to make homes more comfortable, but they should be used with extra caution.

Keep the fire in the fireplace by having a screen large enough to catch flying sparks and rolling logs. Space heaters need to be kept 3 feet away from flammable materials. When purchasing a space heater, look for a control feature that automatically shuts off the heater if it falls over.

According to the U.S. Fire Administration, 2,900 home clothes dryer fires are reported each year. When lint collects on the filter, around the drum and in the vents, it can catch fire from the running dryer's heat. Clean filter regularly, but also check dryer hose for lint clogs once a year.

Install smoke detectors. Clean and test them monthly. Change batteries annually. An easy way to remember is to replace them during a holiday or time change.

To prepare for a fire, plan two escape routes for each room. If you can't use stairways, arrange for special help in advance. Never use elevators.

If there's a fire, get out fast. Do not stop for possessions or pets. Feel the bottom of the door with

the palm of your hand. If it's hot, find another way out.

Call the fire department after you are outside. Never go back into a burning building.

### More Information

Adapt this information to your personal circumstances and make every effort to follow local authorities' instructions. Stay clam, be patient and think before you act.

For more information about specific types of emergencies, visit [www.ready.gov](http://www.ready.gov) or call 800-BE-READY. Check with your county emergency manager to see if they can conduct a site visit and walk-through to identify a facility's most suitable shelter locations for severe weather. You can also visit [lancaster.ne.gov/emergency](http://lancaster.ne.gov/emergency) or contact your local county emergency manager:

- **Butler** - Scott Steager  
402-367-7400  
[sssteager@butlercountyne.net](mailto:sssteager@butlercountyne.net)
- **Fillmore** - James Dunker  
402-759-4932  
[fcema@fillmore.nacone.org](mailto:fcema@fillmore.nacone.org)
- **Lancaster** - James Davidsaver  
402-441-7441  
[jdavidsaver@lancaster.ne.gov](mailto:jdavidsaver@lancaster.ne.gov)
- **Polk** - Bob Carey  
402-747-2231  
[bcarey@pcsheriff.com](mailto:bcarey@pcsheriff.com)
- **Saline** - John McKee  
402-729-3602  
[scema@diodecom.net](mailto:scema@diodecom.net)
- **Saunders** - Terry Miller  
402-443-5645  
[tm68041@yahoo.com](mailto:tm68041@yahoo.com)
- **Seward** - Gary Petersen  
402-643-4722  
[gpetersen@co.seward.ne.us](mailto:gpetersen@co.seward.ne.us)
- **York** - Gary Petersen  
402-362-7744  
[gpetersen@co.seward.ne.us](mailto:gpetersen@co.seward.ne.us) 

### Winter Car Emergency Kit — Suggested Items:

- Tow chain.
- Battery cables.
- Windshield scraper.
- Tools such as pliers, screwdriver, wrench and shovel.
- Sand, cat litter or traction mats.
- Blankets or sleeping bag.
- Plastic trash bags.
- Flashlight with extra batteries.
- Nonperishable food and bottled water.
- Rope.
- Knife.
- Candles.
- Matches in a waterproof container.
- Paper and pencil.





# Choose the Best Part D Plan for You

**M**edicare Part D prescription drug coverage is available for people age 65 or over (and some disabled people under 65) with Medicare. Enrollment is not required. However, if you don't enroll when first eligible, you'll have to wait until the next open enrollment period to sign up. In addition, late enrollers pay a premium penalty. If you have other prescription coverage as good as what Medicare offers ("creditable coverage"), you can delay enrolling in a Part D plan without penalty.


In 2016, there were 26 Medicare Part D plans in Nebraska from which to choose. With so many plans, it is hard to know which is best for you. But that's where Aging Partners can help. Drug companies will announce their 2017 rates and formularies (list of covered drugs) in early October. Part D open enrollment, for those wanting to change their plan, is Oct. 15 through Dec. 7, with new plans taking effect Jan. 1.

Not all drug plans cover your specific combination of prescriptions, so it is important to compare options.

"It does pay to compare plans, ideally every year, but at least every few years, in case your medications have changed or plan pricing or formularies change," said Pat Williams, Aging Partners Financial and Insurance counselor.

Anyone can compare plans at [www.medicare.gov](http://www.medicare.gov) by themselves, but Aging Partners has Senior Health Insurance Information Program (SHIIP) trained counselors who are available to help you analyze the information. They can take appointments during open enrollment to help determine the best plan for you for the coming year.

"We recommend if people compare plans on their own, that they look at their estimated total out of pocket costs: the premium, deductible (if any), and copays," Williams said.

Contact Aging Partners in Lincoln or your local County Aging Service Program for an appointment. The Nebraska Department of Insurance SHIIP program will also have enrollment assistance available. The SHIIP toll free hotline is 800-234-7119. 

**Butler County  
Senior Services**  
402-367-6131

**Fillmore County  
Senior Services**  
402-759-4922

**Lancaster County -  
Aging Partners**  
402-441-7070  
Toll free 800-247-0938

**Polk County  
Senior Services**  
402-764-2252

**Saline Eldercare**  
402-821-3330

**Saunders County**  
Contact Aging Partners  
at 402-441-7070  
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## Sleep Peacefully: Identify and Treat Bedbugs

**T**hough they don't carry disease, bedbugs can be a cause for major social, psychological and economic concern.

Bedbugs are insect pests that feed on the blood of humans as their preferred host. They do not discriminate; they infest dirty or clean homes. Bedbugs are excellent hitchhikers and can be transported into dwellings on luggage, clothing, purses, bookbags, beds, furniture, and other items. People may encounter the bugs in common places such as hotels, libraries, movie theaters and office buildings.

Often overlooked, bedbugs are small. Adults are typically reddish-brown, oval shaped, and about the size of an apple seed. Nymphs and eggs appear lighter in color, and eggs are 1 millimeter long.

Bedbugs typically reside on or near the bed, which includes the mattress, box spring, frame and linens. As the population builds, they move into furniture and items close to the bed, which may include picture frames, books, baseboards or electrical outlet covers. However, if you typically sleep in a chair or couch, they will make their home there.

Many people discover bedbugs when they suffer adverse reactions to bites, but not all people react to bites.

"Just because no bites or reactions are reported does not mean the premises is bedbug free," said Jody Green, Nebraska Extension urban entomologist extension educator. "A study in 2010 showed that up to 30 percent of people surveyed in known bedbug infestations reported no reactions, particularly individuals

over 65 years of age. This makes older adults a high-risk group."

### Signs of Bedbugs

Early detection is key to complete elimination. It is recommended to perform periodic inspections of your home, including your bed and bedding, and equipment such as walkers, scooters, wheelchairs and breathing machines. Carefully examine the areas beneath fitted sheets along the edges of the mattress piping. If you find no bugs, remove the mattress to inspect the box spring and frame. Pay attention to the dust cover on the underside and plastic corner guards.

Bedbugs leave black fecal stains in the areas they live. The spots will look like ink spots and not flake off if rubbed, and will smear if wiped with a wet cloth.

### Prevention

When traveling, use precaution to only bring needed items into vehicles, hotels and other places. Inspect rooms and beds upon check-in and switch if you suspect bedbugs. Upon returning home, immediately use a dryer on high heat to kill any bedbugs, and inspect and vacuum bags and

suitcases. Do not store luggage or purses in your bedroom.

To reduce the risk of bringing bedbugs into your home, do not pick up discarded furniture or mattresses. Always inspect used furniture and ask houseguests if they've had issues with bedbugs. Run any acquired fabrics through the dryer on high heat.

### Treatment

For anything more than a small infestation, it's best to hire an experienced professional to ensure effective treatment. There are various treatments available, but two of the main methods include conventional



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*Bedbugs and eggs are hard to detect.*

insecticide and heat treatments.

Insecticide treatments are often effective at treating specific areas, such as cracks and crevices, where bedbugs live. Professionals rely on different insecticide formulations, such as contact spray, residual spray and dust insecticide, depending on the condition and area being treated. Licensed professionals are required by law to read and follow the insecticide label for proper application and safety precautions.

A one-time application of chemicals will only treat live bedbugs, not necessarily eggs. Treatments often take up to two hours and may require a second treatment two weeks later.

A second, popular treatment method is heat treatment. This method is performed by companies with commercial heating equipment, designed to raise the temperature of the home or room to kill all stages of bedbugs including eggs. Temperatures usually fall between 135 and 145 F. A one-time treatment can take up to eight hours.

A reputable company will have multiple fans, heat units and temperature probes to monitor the heat from outside to assure lethal temperatures are being reached in all areas of the room, according to Harry Heafer, environmental health specialist for Lincoln-Lancaster County Health Department.

There are no residual effects of this type of treatment, so homes that have undergone heat treatment can



*Bedbugs can infest other areas of the home including baseboards.*

easily become reinfested. Prevention must be practiced in order to maintain a bedbug free home.

If you decide to treat the infestation yourself, bug bombs or foggers do not work on bedbugs, even if the label says so, because they cannot penetrate cracks where they hide.

### **Before You Hire a Professional**

Before you hire a pest management professional, do your research, get referrals and request bids. Choose a company that is experienced with bedbugs. Call and ask a manager about the company's bedbug experience. How many bedbug jobs did they handle last year? Do they have printed copies of treatment protocol? What products do they use? What is the protocol for follow-up treatments? Ask for references. They should be able to answer questions regarding the pros and cons of each treatment method, and why their treatment methods may differ from other companies.

You want the company to take the time it needs to complete the job. Some companies may offer a guarantee for a chemical treatment. This is not necessarily a guarantee that the bedbugs will be gone, but a contract that outlines the retreatment protocol and suggested rates should bedbugs return within a specific time period after treatment.

The price of a good bedbug treatment will be higher than paying



*Check your mattress periodically for signs of bedbugs.*

for routine pest control, often \$300-\$1,000 depending on the method of treatment and area to be treated.

### **Before Treatment**

The company you choose should supply you with instructions regarding how to prepare the room or home for treatment. Instructions will typically include laundering and bagging clothing, structure repairs and removal of clutter, such as stacks and boxes of stored items.

Some companies may have extensive instructions such as stripping the bed and emptying closets, while other companies will not want the bedbugs disturbed before treatment. For heat treatment, the preparation instructions may be minimal.

Aging Partners' First Service staff can direct you to agencies that bag up clothing and vacuum after treatments. Contact 402-441-7070 for more information.

Be sure to follow the guidelines from your company so there is

*Sleep Peacefully continued on page 22*

# Sleep Peacefully: Identify and Treat Bedbugs

Continued from page 21

no chance of reinfestation after treatment.

## Follow-Up

“A pest control company should come two to three weeks after initial treatment to do a follow-up inspection and treat again, if necessary, ideally using a different chemical,” Heafer said.

It is not recommended that you throw away your bed. You can purchase mattress encasements for your mattress, box spring, and pillows.


If you decide to throw away any furniture, ask for instructions on how to wrap and remove it without dropping bedbugs on the way out. It’s important to mark or destroy infested furniture and items so others do not take it out of the trash and spread

infestation. Some companies may wrap and remove the item for you.

You should wait to replace any furniture until after treatment is complete and you know bedbugs no longer live in the home.

## More Information

For more information, visit [lancaster.unl.edu/pest/bedbugs.shtml](http://lancaster.unl.edu/pest/bedbugs.shtml). If you have questions about the insect’s behavior and biology, prevention and recommendations for home treatment options, contact Jody Green at Nebraska Extension in Lancaster County at 402-441-7180 or [jgreen17@unl.edu](mailto:jgreen17@unl.edu). She is able to identify specimens mailed in a sealed bag or container to 444 Cherrycreek Road, Lincoln, NE 68528.

For those outside of Lancaster County, contact your local Nebraska Extension Office. 

## Nebraska Extension Offices

### Butler

402-367-7410

[Butler-County@unl.edu](mailto:Butler-County@unl.edu)

### Polk

402-747-2321

[Polk-County@unl.edu](mailto:Polk-County@unl.edu)

### York

402-362-5508

[York-County@unl.edu](mailto:York-County@unl.edu)

### Seward

402-643-2981

[Seward-County@unl.edu](mailto:Seward-County@unl.edu)

### Fillmore

402-759-3712

[Fillmore-County@unl.edu](mailto:Fillmore-County@unl.edu)

### Saline

402-821-2151

[Saline-County@unl.edu](mailto:Saline-County@unl.edu)

### Saunders

402-624-8030

[Saunders-County@unl.edu](mailto:Saunders-County@unl.edu)

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## Trimming and the Holiday Season


**T**rimming around the holiday season usually involves trees or all the fixings associated with a big feast. Holiday recipes will help you get into a healthy holiday spirit, especially when you focus on trimming calories, saturated fat, or sodium from your holiday recipes.

In my family, one of our favorites is tea cake cookies with lots of crispy — not soggy — stuffing. For other families, it's that ubiquitous green bean casserole with onion topping or perhaps a can of whole cranberry sauce.

It is possible to do some trimming and still have a tasty product that keeps its holiday cheer:

1. Replace some of the fats with oil. This works for margarine, shortening, and butter in cookies or other baked pastries. Almost half of the solid fat in a recipe can be replaced with oil. Canola or olive oil is a better choice. Trimming the saturated fat and unhealthy trans fats in your cookies will make that sweet treat healthier.
2. Replace some of the solid fat with a nonfat liquid such as yogurt, buttermilk or juice. This helps to keep your baked good moist and tender. Other products that can replace fat are fruit and vegetable purees, which again add moisture.
3. Reduce salt in baked items unless it is yeast bread, which needs the salt to help with the yeast growth or gluten formation. Most sweet pastries can get by with  $\frac{1}{4}$  teaspoon of salt to help meld the flavors of the ingredients.
4. Think about making your own cream soups to add to recipes for green bean casserole or cheesy broccoli bake. Look for recipes that use evaporated skim milk and aromatics that bump up the flavor.
5. When it comes to cranberries, there are many simple ways to cook them that allow you to control the amount of sugar by adding more sweet spices or fruits that enhance sweetness.

Here, you'll also find some recipes I have tried. I've found them to be as good or even better than the original.

Have a recipe you want to share or need some help trimming? Contact Aging Partners at [skeese@lincolne.gov](mailto:skeese@lincolne.gov). 

### Cranberry Chutney

- 1 bag fresh cranberries
- $\frac{1}{2}$  cup sugar
- $\frac{1}{4}$  cup brown sugar
- 2 teaspoons cinnamon
- $1\frac{1}{2}$  teaspoons ground ginger
- $\frac{1}{4}$  teaspoon all spice
- $\frac{1}{4}$  teaspoon ground cloves
- 1 cup water
- $\frac{1}{2}$  cup golden raisins
- 1 cup chopped peeled apple (use a sweet variety)

Rinse cranberries and discard blemished berries. Combine cranberries, brown sugar, spices and water in saucepan and mix well. Cook over medium heat for 15 minutes until juices are released, stirring frequently. Reduce heat. Add apples and raisins. Simmer over low heat until thickened, stirring frequently. Chill and store in refrigerator.



### Herbed Bread Stuffing

- 3 cups French bread cubed
- 2 cups chopped onion
- $1\frac{1}{4}$  cups chopped carrot
- $1\frac{1}{4}$  cups chopped celery
- $\frac{1}{2}$  cup minced fresh parsley
- 2 teaspoons poultry seasoning

Heat oven to 400 degrees. Arrange bread cubes in single layer on jelly roll pans. Bake 10 minutes until toasted. Reduce oven to 350 degrees. Heat a skillet coated with cooking spray over medium-high heat. Add onion, carrots, and celery, and saute until lightly browned, about five minutes. Add parsley, seasoning, salt, and pepper. Saute with a whisk. Add to bread cubes. Combine eggs and broth, and stir into bread cubes. Spoon into 9-by-13-inch baking pan coated with cooking spray. Bake until browned, about 45 minutes.

- Salt and pepper to taste (my taste is  $\frac{1}{4}$  teaspoon each)
- 2 eggs
- 1 14-ounce can fat-free, less sodium chicken broth

## Mindful Eating

**T**he holiday season is here again, along with the temptation to overindulge in rich foods and sweet treats. This year, instead of depriving yourself of a balanced diet so you can splurge later on higher fat foods and dessert, why not incorporate a new eating habit called mindful eating? This is a nondiet approach to eating in a more balanced way. Mindful eating will leave you feeling better with more energy, an improved mood, and promote better overall health. This lifestyle revolves around being self-aware of your hunger status, nutrients you consume through foods and drinks, and the pleasure eating should bring to our lives.

### Warning Signs of Mindless Eating

There are many warning signs of mindless eating in which we just don't pay attention to the nutrients we put into our bodies. One of the easiest signs to spot is eating until you are too full and then feeling guilty. Another is emotional eating when you are bored, stressed or anxious rather than hungry. Mindless munching and grazing without really tasting the food, while zoned-out on other activities such as watching TV, is common with mindless eating. Also, when and if you eat can contribute to mindless eating — i.e., skipping meals or religiously eating at the same time each day whether you are hungry or not. Not paying attention to hunger signals is a telling sign for each of these mindless eating habits. We do not have to fall prey to a love-hate relationship with food.

### How Can I Tell If I'm Really Hungry?

True hunger will have physical signs, including the desire to eat, a grumbling stomach and fatigue. The desire to eat does not go away, even when you're occupied by something else or when you wait to eat. Lastly, when you are truly hungry, even nonfavorite foods sound good. Hunger should be taken seriously. Meet your needs with balanced food choices such as lean protein, whole grains, fruits and vegetables. Fasting to make room for a big holiday dinner is not healthy.

Know the facts about cravings. These are desires for food even though your body is not physically hungry. Food cravings are usually specific like sweet, salty or crunchy. These cravings will usually pass quickly, within 10 minutes. Also, if you become preoccupied, food cravings will pass without you even noticing.

### How to Practice Mindful Eating

As stated, mindful eating is a lifestyle, not a diet. There are easy ways to help incorporate mindful eating into your meals. Make sure that eating is the main priority at meal times. Avoid distractions such as TV or loud music. Also, always sit down to eat. Avoiding eating on the run will make you more aware of the foods you put into your body and allow your brain time to better decide when you are getting close to full. This includes not eating in the car or at your office computer.

When you're selecting what to eat, try keeping food items away from the table so your eyes don't become bigger than your stomach. Instead, try filling your plate at the stove, then sitting down elsewhere. When snacking, measure the desired amount rather than eating from large bins and/or bags. While adjusting to mindful





eating, it may be beneficial to eat from a smaller plate — such as a 10-inch salad plate instead of a 12-inch dinner plate — until you get used to listening to your body when it tells you it's full. This will keep you from overfilling your plate and help trick your mind into believing you're still eating the same amount you would have on the larger plate.

While eating, pause between bites by putting your fork down and giving yourself time to enjoy each mouthful by thoroughly chewing and tasting your food. Take smaller bites or try eating with your nondominate hand to prevent rushing through the meal. Do not eat in a hurry. Meals should last at least 20 minutes. Then give your stomach 10 minutes to rest before

returning for second servings. Digestion involves a complex series of hormonal signals between the gut and nervous system, and it seems to take about 20 minutes for the brain to register satiety.

### Eating Patterns to Cut Out of Your Life

Dump the Clean Plate Club. At a young age, we're taught to finish our plates — a habit we carry into our adult lives. However, this teaches the body to keep eating even after we are full. Break this bad habit by taking smaller servings and eating slower to better gauge when you are nearing the level of full. If you find yourself full, wrap your leftovers for later.

Rewarding ourselves with food is common. However, it can encourage

bingeing and overeating. When faced with goals or challenges, it's important to reward ourselves. But instead of reaching for the ice cream or french fries, try a different treat like going to a movie, a massage, or a preferred hobby.

Drop the love-hate mindset with food. Food is not the enemy. All foods can be enjoyed in moderation, so quit banning certain foods. Include your favorites in a balanced diet that focuses on quality over quantity. Your aim for each meal should be to make half your plate fruits and vegetables, one-quarter lean protein and one-quarter complex carbohydrates.

Food is our ally, which should be celebrated and enjoyed. **LW**

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# Living At Home

## Abolish Annoying Advertising

**C**ompanies often rely on direct mail advertising and telephone solicitations to help sell products and services, but there are also scam artists looking for easy ways to defraud people every day.

The Nebraska Attorney General suggests two solutions to stop annoying phone calls and keep junk mail from filling up your mailbox.

You can add your home or mobile phone numbers to the Federal Trade Commission (FTC)'s Do Not Call Registry for free by calling 888-382-1222 or visiting [donotcall.gov](http://donotcall.gov).

If you register online, you will receive a confirmation email from [donotcall.gov](http://donotcall.gov). You must click on the link in the email within 72 hours to complete your registration.

The Do Not Call list will stop most telemarketing calls, but will not stop political organizations, charities, telephone surveyors or calls from companies with which you currently do business. Most telemarketers should not call your number once it has been on the registry for 31 days. If they do, you can file a complaint on the website.

Other tools, such as caller ID, allow you to see who is calling before you answer. It is available from most telephone companies and may already be on your monthly plan.

Anonymous call rejection screens out calls from callers who have blocked their

caller ID, which includes any calls showing up as anonymous, unknown, out of area, private caller or 000-000-0000. Most telephone companies offer this feature for free bundled with caller ID.

Selective call rejection screens incoming calls against a user-defined list of acceptable telephone numbers. Calls from rejected numbers are diverted to a recorded message, while other numbers ring through as usual.

You can also request telemarketers remove you from their mailing list. You only need to state "remove this phone number from your list."

### Junk Mail

To decrease your amount of junk mail, you can register to remove your name with the Direct Marketing Association, the leading trade association for business and nonprofits that send direct mail.


You can register by downloading the form at [dmachoice.thedma.org/static/pdf/registration\\_form.pdf](http://dmachoice.thedma.org/static/pdf/registration_form.pdf) and mailing it, along with a check for \$1, to the DMA (instructions included on form), or register online for free at [dmachoice.thedma.org/register.php](http://dmachoice.thedma.org/register.php) under "get started."

DMA Choice divides direct mail into four categories: credit offers, catalogs, magazine offers (this includes subscription offers,

newsletters, periodicals and other promotional mailings) and other mail offers. Online, you can request to stop receiving email from specific companies within each category or an entire category at once.

To reduce the number of pre-screened credit and insurance offers by mail at no cost, visit [optoutprescreen.com](http://optoutprescreen.com) or call 888-50PTOUT. Your name will be removed from lists that Equifax, Experian, Innovis and TransUnion and others provide to businesses for the purpose of making you a firm offer of credit or insurance. However, you may continue to receive offers from sources that do not use Consumer Credit Reporting Companies to compile their lists.

### Free Publications to Share

The Nebraska Attorney General's Office publishes various booklets to provide valuable consumer resources to the public on topics such as preventing identity theft and fraud. To see these brochures, visit [protectthegoodlife.nebraska.gov/brochures](http://protectthegoodlife.nebraska.gov/brochures). You can also request a brochure copy in the mail. Contact 402-471-2682 or toll free 800-727-6432 or email [ago.consumer@nebraska.gov](mailto:ago.consumer@nebraska.gov). 







*The Care Management team front row, from left, Nancy Castillo, Barbara Straus, Joyce Kubicek, Velvet Hoskins, Jean Holt, and Amy Theis. Back row, from left, Randy Thurber, Jenna White, Mary Dailey, Mary Gross and Becky Romshek. Not pictured: Linh Bui, Lori Byers, Arica Dawe, Trudy Kubicek, Jerri Merklinger, Brenda Motis, Macelle Piper, Kathy Ruzicka, and Rhonda Stokebrand.*

## Stay at Home, Call Care Management Services

**A**ging can make living at home more difficult. With so many community resources, it is hard to keep track of them all. Aging Partners' Care Management services can help connect you to the resources you need to live at home.

From help with your finances or cleaning, to getting groceries or applying for benefits, if you have a vision or hearing issue, or difficulty calling a business with a complicated phone system — Care Management can help.

"Many of our clients call when a caregiver role changes, either when a spouse dies or a caregiver moves," said Joyce Kubicek, Care Management program coordinator.

A change in health or physical ability can be hard, and often older adults just need more help at home.

"We start where you are at and work with you there," Kubicek said. "We are advocates."

Available to adults 60 and over in Butler, Fillmore, Lancaster, Polk, Saline, Saunders, Seward, and York counties, care managers help connect older adults with the services they need by providing information and resources.

"Our goal is to keep people in their homes and let them know what options they have so they make informed decisions," Kubicek said.


Initially, a care manager will visit the older adult and assess the person's needs, abilities, circumstances, and support. From there, a detailed home care plan is developed.

"We look at the whole

continuum of need with an assessment," Kubicek said. "Then we identify areas where we can plug in services."

Family members are encouraged to join the care plan discussion to talk about how to increase support so a person can live in the community safer and longer.

Care managers help implement the identified services. The care plan is reviewed regularly and adjustments are made as necessary to maintain the client's safety and quality of life at home.

To get help remaining in your home, call Aging Partners at 402-441-7070 or toll free at 800-247-0938. 

# Home Handyman Corner

## Handyman Hints for Fall

*By Mitch Sump, Home Handyman program coordinator*

Hello and welcome to fall. It's one of my favorite seasons, although I don't dislike any of them. I have always enjoyed fall, especially growing up. Picking corn, pheasant hunting, and football all bring back many fond memories. Even knowing that winter was not far behind wasn't a problem because I knew the workload around my folks' farm would slow down.

At Handyman, the fall season is a busy one, with clients needing leaves raked, grass mown, gutters cleaned prior to winter, and the cleaning and storing of outdoor furniture. If looking to get these and other projects completed, please call and get a Handyman or Handywoman scheduled to help you.

One of the little-known Handyman services is "Safe Homes for Seniors." The program is a free service to help older adults manage household chemicals and products that are no longer being used. A joint effort of the Lincoln-Lancaster County Health Department and Aging Partners, the program provides

convenient home assessments, assistance with proper storage of items, and the safe removal of dangerous items as requested by the homeowner.

The Safe Homes for Seniors team will assess homes for dangerous chemicals, sort and identify hazardous products, remove toxic products, and recycle or dispose of them in a safe and appropriate way.

Older adults with health concerns or who are confined to their homes for various reasons have a greater health risk from exposure to dangerous household products. This is due to accumulation over the years, increased time spent indoors, as well as physical and medical limitations that restrict their ability to properly dispose of them.

Call Home Handyman if you have a large accumulation of these or other items:

- Toxic lawn chemicals.
- Corrosive cleaning products.
- Flammable liquids.
- Unknown chemicals.
- Paint and painting products.
- Bleach-based cleaners.
- Mercury thermometers.
- Rodent poisons.
- Pesticides.

### Winter Is Fast Approaching

It's time to prepare your home for cold weather. Home Handyman can help with some of the following, but there are also tasks that will require you to hire a licensed professional:

- Get your furnace serviced.

Regardless of when you have your system checked, it should be done annually. A simple checkup and cleaning by a licensed HVAC technician will save you money over the lifetime of your system.

- Check your chimney. Chimneys can become blocked with matter, ranging from bird's nests to leaves. This can lead to fires and the danger of carbon monoxide buildup.
- Clean your gutters. Keeping your gutters clear and free-flowing allows rain and snow melt to get off of your roof. This saves wear and tear on your shingles and helps prevent ice dams.
- Extend your downspouts. Freeze and thaw cycles cause damage to sidewalks and create ice patches, which can be a slip hazard. Adding a length of downspout or PVC pipe can move this water onto a grassy area.
- Prevent ice dams. Ice dams occur when gutters are clogged and ice builds up behind the gutters. As snow and ice melt, the water comes into the house underneath the shingles. Prevent ice dams by keeping gutters clear.
- Check shingles. Asphalt shingles become damaged over time due to sunlight, rain, ice, wind and age. Most roofing companies will do assessments and minor repairs for a reasonable fee.
- Test your sump pump. Fall rains, warm-winter-day melts and spring thaws can all put large amounts of water along your foundation. If you're fortunate enough to have a sump, verify the pump is plugged in and operating properly.
- Cover exterior faucets. After you have disconnected and stored your garden hoses for the winter, cover your outside faucets with insulated covers. These cost less








# ADRC Helps You Know Where to Turn

than \$2 and require no tools to attach. It's cheap and easy insurance to prevent frozen faucets and burst pipes.

- Drain sprinkler systems. Most folks who have sprinkler systems have contracts with the installers for spring and fall maintenance. Make sure installer performs a fall drain service prior to the first frost.
- Caulk around windows and doors. You can reduce heat loss by up to 37 percent by ensuring the caulking around door and window frames is sufficient.
- Stock up on supplies. Avoid the rush and stock up on ice melt, shovels and bags of sand.
- Reverse ceiling fans. Most folks only use ceiling fans to circulate cool air, but they move warm air just as well. Reverse the fan direction — there is a switch on the side of the unit — to push warm air down from the ceiling in the winter.
- Mulch leaves. As you do your last bit of yard cleanup, consider mulching the leaves versus bagging them.
- Mower tune-up. Most small engine shops and blade sharpeners are swamped in the spring with folks getting mowers tuned. Avoid the rush by having your mower tuned after your last mowing.
- Pruning. Mid- to late-winter is a great time to prune shrubs and trees. The cold weather keeps sap from running and prevents stress on trees and shrubs.

Thanks for being such great clients and for allowing the Handyman Program to serve you. We look forward to your next call. 

**W**ith thousands of businesses in the eight-county area, it's hard to remember which provide what services.

A one-stop resource, the Aging and Disabilities Resource Center (ADRC) provides referrals and options counseling, can identify unmet service needs, and recommend community resources.

The ADRC is for adults age 60 and over and individuals of all ages who may have a disability, and caregivers of the individuals can receive relevant information on services they may need.

Help can range from housing, medical or financial needs, assistance filling out medicaid forms, adaptable equipment, needed medications, or transportation. Assistance is provided at no cost.

"We will do our best to answer questions," said Sandy Lutz, program coordinator. "If we can't help, we can provide referrals."

The ADRC was created to make it easier for individuals to get questions answered and receive the level of assistance they want in getting their needs met.

"We will find answers for you," she said. "If we can't directly get you the information, we ensure we get you to the right source to pursue your questions and answers."


If an individual wants a higher level of assistance, staff will complete a simple assessment to better determine the needs and what services may be available. They will complete an action plan, help implement it, and follow up as long as needed.

"This is a person-centered program. The individual decides what type of services they want, who they want, the frequency, and when to end it," Lutz said. "We work to make sure their voice is heard and preferences are respected."

ADRC staff facilitate services to ensure older adults can live at home with confidence and independence.

"If you need help, just call," Lutz said.

To receive ADRC services, call 402-441-7070 or walk in to Aging Partners at 1005 "O" St. Monday through Friday from 8 a.m. to 4:30 p.m.

Services are available to individuals residing in Butler, Fillmore, Lancaster, Polk, Saline, Saunders, Seward, and York counties. Individuals outside the area can visit [nebraska.networkofcare.org/aging](http://nebraska.networkofcare.org/aging) to find their ADRC to contact. 



*Perian Pattillo, ADRC options counselor*

# Caregiver Corner

## Helping Those with Dementia Live Life Fully

The definition of “live” is not often something we contemplate. But for those living with an irreversible dementia, such as Alzheimer’s disease, Lewy Body Dementia, Parkinson’s, or other types of dementia in a skilled facility or assisted living community, it can be difficult.

Long-term care typically focuses on medical needs, but not necessarily on the quality of life of those suffering from these diseases. Joyce Simard, MSW, geriatric consultant and Western Sydney University associate professor, is changing that.

According to Simard, nursing home staff believe 80 percent of residents have some type of memory loss. Her work focuses on collaborating with nursing homes and assisted living communities to offer three programs for residents with memory loss: Memory Enhancement Program, for mild memory loss; “The Club,” for moderate dementia; and “Namaste Care” for those with advanced dementia.

Simard focuses on educating care partners, both family members and professionals, to help people live — not just exist — with dementia.

“It is common to see residents in nursing facilities and assisted living communities clean, fed, groomed, and sitting in front of a television set or placed in front of a nurses station, or asleep in inactivity they can no longer participate in,” she said. “People with dementia need to be engaged in meaningful activities and feel wanted and loved.”

With no cure on the horizon, Simard is helping educate caregivers on how to better engage those with dementia so they are living not simply existing— seven days a week.

### Memory Enhancement Program

The Memory Enhancement Program provides the comfort of a structured day with a small circle of friends. The day begins after breakfast and is a combination of programs just for their small group and programs with other assisted living residents that they can enjoy.

Programs for the small group include physical and cognitive activities and just having fun together. The positive outcomes from the program include lowering stress, reducing depression, increased socialization, and drinking and eating more.

Staff and families find that after residents participate in this program, they are more verbal and happy.

### The Club

The Club is based on research on the lives of older adults who did not have memory loss.

“We found they belonged to groups and were social, not isolated,” Simard said.

The Club, led by activity professionals, focuses on meeting physical and social needs of residents by engagement through activity, but most importantly asks residents to volunteer.

“Rarely does anyone ask them



*Joyce Simard, MSW, geriatric consultant and Western Sydney University associate professor*

to do anything,” she said. “And rarely does anyone say ‘thank you’ to them.”

The day starts with activity like putting silverware in its proper place, sorting coupons, or perhaps sorting a bag of buttons however they wish — by color, size, etc.

“Everything they do is successful,” she said. “However they creatively decide to do it is fine. At the beginning, they’re afraid they’re going to do something wrong but very quickly they become pleased with their volunteer work.”

The day is filled with physical and mental exercises, beverages, and programs that bring smiles to their faces. It is a seven-day-a-week program because Alzheimer’s disease is a seven-day-a-week disease.

Residents build confidence from



contributing while getting a sense of satisfaction. Research shows this program lowers falls, decreases the use of psychotropic medication, and increases staff and family satisfaction.

## Namaste Care

Namaste Care focuses on improving the quality of life for residents in the last stages of dementia, encouraging them to live out their life with dignity.

Namaste, a Hindu term that means “to honor the spirit within,” is designed to honor people as their verbal abilities diminish and can no longer participate in traditional activities.

A seven-day program, Namaste Care engages residents in meaningful activities through a “loving touch” approach. Led by a nursing assistant, the program has enhanced the lives of those with advanced dementia or at the end stage of any illness by providing a peaceful, non-isolating environment. The process of delivering care is more important of the task itself. A person-directed approach to care helps the staff recognize each individual is unique and can still experience happiness and joy.

A typical day begins with the nursing staff assisting residents with breakfast and morning care. Once completed, residents are moved into a room dedicated for the day to Namaste Care. The space should be calm and more home-like. Facilities can purchase items from a thrift store to recreate a welcoming environment.

“None of the programs are about money; just having the heart



*Dementia can cause a person to lose sight of living an active life. But with Joyce Simard's programs, she is encouraging facilities worldwide to help residents live, not just exist, with dementia.*

to do it,” Simard said.

Being in a familiar environment lowers resident uneasiness. Simard uses the scent of lavender to create a calming effect, tailored to the season and population type. Cinnamon in winter, roses in spring, and violets for the Cuban population in Miami.

Residents are welcomed one by one, with a hug, handshake, or meaningful comment.

“Tell them you are happy they are there, bring them into the space and make them comfortable,” she said.

Residents should be in a reclining chair or wheelchair to make them comfortable. They are assessed for pain and discomfort, and provided necessary provisions. Once residents are happy, they are snuggled with a personalized blanket, which provides security and warmth. For the sports lover, a Husker blanket, and flowers for the gardener.

After residents are in the room, the nursing assistant begins the day by gently washing each individual's face, hands and arms, and applying lotion, encouraging personalized conversation.

“With Namaste, everything is done with the power of loving touch,” Simard said. “Nursing assistants take their time and help them do these things.”

She encourages the use of items from the past with a scent they might recognize, like Ponds Cold Cream for women, or Old Spice for men.

Bringing the outside in can help residents experience the seasons. Staff brings in leaves or gourds in the fall, fresh flowers during spring and a bucket of snow in the winter. During summer, staff brings in fresh cut grass, blows bubbles or provides watermelon for residents. A silly hat can bring smiles and laughter, in spite of the disease.

*Helping continued on page 32*

# Caregiver Corner

*Continued from page 31*

Before lunch, lively music is played to stimulate residents. They are invited back after the noon meal.

In the afternoon, activities may include soaking hands in warm soapy water and cleaning their fingernails. Often, family members visit and may feed their loved one a treat such as ice cream.

Holding life-like stuffed animals, such as dogs or kittens, or a lifelike doll may help comfort some residents. Caregivers reported that residents become very attached to their new friends. The animals are stroked, and their babies are cuddled and talked to.

"The results are incredible," Simard said. "So many residents were nonverbal, but they talk in Namaste Care. Families are thrilled when

residents begin to speak, and often it's 'I love you' or 'thank you.'"

Nourishment is provided in the form of pudding, ice cream and other easy-to-swallow, high-calorie foods. Hydration is ongoing with residents offered sips of liquid throughout morning and afternoon programs. The program showed residents doubled or tripled their liquid intake, and nurses said it decreased or eliminated urinary tract infections.

"Even for caregivers at home, getting your loved one involved and having them do as much as they can for themselves is important," she said. "Continually offer beverages throughout the day to hydrate."


## Going Forward

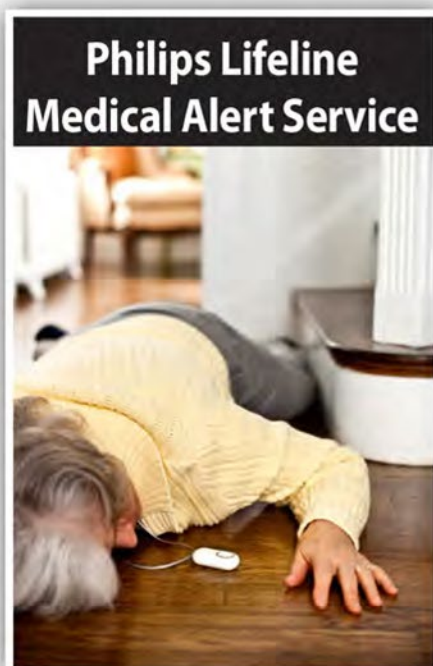
Care facilities across the world are implementing Namaste

Care. Simard has established the program in Australia, Scotland, England, Canada, and the Netherlands. She has also given workshops in the United Kingdom.

"There are several companies doing Namaste Care and The Club," she said. "If you walk into their memory care, people are engaged."

Memory loss is present seven days a week, so the programs should be, too.

For more information, contact Simard at [JoyceSimard@earthlink.com](mailto:JoyceSimard@earthlink.com) or visit [joycesimard.com](http://joycesimard.com) or [namastecare.com](http://namastecare.com). You can also purchase her book, "The End-of-Life Namaste Care Program for People with Dementia," on Amazon. 



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\*Assumes the location of the Lifeline Communicator is in an area with sufficient access to coverage by the AT&T wireless network. Button signal range may vary due to environmental factors. AutoAlert does not detect 100% of falls. If able, users should always push their button when they need help. No. 1 claim is based on number of subscribers.

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# Enhance Your Knowledge on Home Improvement Scams

Living and taking care of your home boosts pride in everyone. But home improvement is an ongoing, expensive process in itself, but can become more costly when scam artists step in.

Scam artists target homeowners in various ways, causing them to lose thousands of dollars and, sometimes, even their homes. Protect yourself and your home by knowing strategies scam artists often use:

- High pressure tactics to sell a range of services including roof, sidewalk and driveway repairs.
- Charging inflated prices or delivering substandard work.
- Posing as a building inspector or other official so they can demand immediate repairs.
- Obtain funds to pay for services by luring the homeowner to work with a specific lender or advising them to get a reverse mortgage.

Scam artists often identify potential victims by scouting neighborhoods, including after natural disasters or targeting older adult homeowners.

## Before You Hire A Contractor

Take these steps to ensure you don't get scammed. Always research vendors, get referrals, and check online reviews or the Better Business Bureau. Verify contractors are licensed and have insurance.

It is a good idea to get written estimates from several contractors, but don't assume the lowest bidder is the best choice. Ask about differences in price for the same types of work.

Check to see if you need a city or county permit for the work being done.



Ask for a written contract and know your payment options. Pay by check or credit card, but never cash. If you need to, arrange your own financing through a financial institution you trust. Limit your down payment. Stagger payments based on the completion of work. This ensures if the work is delayed, payments will be, too.

## After You Hire a Contractor

Keep track of contracts, estimates, and other paperwork. Before you make final payment, make sure the work meets contract requirements and you have inspected and approved the work and have written warranties for material/workmanship. Also ensure you have proof subcontractors were paid, if applicable, and the job site is clean and free of material and tools.


If you have a problem with the services or products charged to your credit card and you've made a good

faith effort to resolve the issue with the contractor, you have the right to contact your credit card company and ask that the payment be withheld. Be sure to follow up any phone conversations with the contractor with a letter sent by certified mail, and request a return receipt so you have proof it was received.

## If You've Been Scammed

If you or a loved one in Lincoln has been scammed, contact the Lincoln Police Department immediately at 402-441-6000. If you live outside Lincoln, contact your local law enforcement office.

You can contact Aging partners for more help at 402-441-7070.

File a complaint with the Better Business Bureau at [bbb.org](http://bbb.org) and the Federal Trade Commission at [ftc.gov](http://ftc.gov) or 877.FTC.HELP, and you can report scams to the Nebraska Attorney General at [protectthegoodlife.nebraska.gov/](http://protectthegoodlife.nebraska.gov/). 

## AGING PARTNERS

Serving Butler, Fillmore, Lancaster, Polk, Saline, Saunders, Seward and York counties. 1005 "O" St., Lincoln, NE 68508-3628, 402-441-7070 or 800-247-0938  
aging.lincoln.ne.gov

Key for Services: ▲ = Lancaster only

## MISSION

Aging Partners plans, coordinates and advocates for older people in our eight-county area. Our mission is to enhance daily living, expand personal choices and educate the community in an effort to ensure the independence and full life of the people we serve.

## Being Well

### NUTRITION

- **Nutrition Consultation** - Older adults receive assessments, intervention planning, counseling, follow-up and coordination with other service providers. 402-441-7159
- **Meals** - Noon meals, selected evening meals with entertainment, special holiday meals and light menu choices are available at some centers. 402-441-7159

### HEALTH AND FITNESS

- **Health Center** - Exercise classes, fitness equipment and certified personal trainers. ▲ 402-441-7575
- **Senior Health Promotion Center** - University of Nebraska-Medical Center and Aging Partners provide health screenings. ▲ 402-441-6687

- **Caregiver Support Services** - Caregivers receive stress management, exercise, health and wellness assessments, and nutrition counseling. 402-441-7070
- **Fit to Care** - Free tips from a registered dietician and certified personal trainer to help decrease the effects of chronic tension.
- **Health Education Programs** - A variety of topics assisting individuals to make healthy lifestyle choices.
- **Health Screenings** - A variety of screenings include blood pressure, cholesterol, glucose and bone density.
- **Exercise** - At several locations; pilates, yoga, stretch and tone classes. Daily fitness programs on 5 CITY-TV, Channel 5 and 10 Health, Channel 10. ▲
- **Alzheimer's Disease** - Information and referral. 402-441-7070 or 800-247-0938

- **Home Handyman Service** - Minor home repairs and maintenance from mowing to leaky faucets, painting, and broken light fixtures and heavy housework services. ▲ 402-441-7030
- **Subsidized and Independent Housing Resource Listings**

## LONG-TERM CARE OPTIONS/ CARE MANAGEMENT

402-441-7070 or 800-247-0938

- **Senior Care Options** - Long-term care and assessment for Medicaid-eligible persons seeking nursing home care.
- **Medicaid Waiver Services** - State funded in-home services for those who are Medicaid-eligible who choose to live at home or use community-based services.
- **Assisted Living and Nursing Facilities Resource Listings**

## Living at Home

### INDEPENDENT LIVING SUPPORT SERVICES

402-441-7070 or 800-247-0938

- **Care Management Services** - Providing professional assistance in assessing needs, planning and coordinating home care.
- **Lifeline Emergency Response System** - 24-hour emergency access at the press of a button.
- **Supportive Services Program** - Eligible older persons can receive assistance with the cost of in-home services.
- **Harvest Project** - Specialized community support services are provided to individuals who are age 55 and over, live in Lancaster County and have severe mental health diagnosis. ▲ 402-441-7070

## Planning Ahead

### FINANCIAL

402-441-7070 or 800-247-0938

- **Financial Counseling** - Information on Medicare, private insurance policies, reverse mortgages and counseling.
- **Legal Counseling** - Free legal advice and referral services for those who meet financial guidelines.

### SENIORS FOUNDATION

The charitable foundation that plans, advocates for, and supports the programs and services of Aging Partners. To contribute or volunteer, call 402-441-6179 or visit [www.seniorsfoundation.org](http://www.seniorsfoundation.org).



## Staying Involved

### VOLUNTEER!

- **Foster Grandparent Program**  
▲ 402-441-7026

### SENIOR CENTERS

Social events and activities, health and educational programs. Noon meals, selected evening meals with entertainment, special holiday meals, brown bag and shelf-stable meals for at home. Transportation to the centers is available for a fee. Six centers in Lincoln and four in Lancaster County.

▲ 402-441-7158

## Other Services

### INFORMATION AND REFERRAL

Provides help for older adults and their caregivers to resolve questions and concerns about aging. Services include referrals, counseling, social work and care management. Start here to determine alternatives, and arrange services in the Aging Partners service area.

Call 402-441-7070 or 800-247-0938.

### TRANSPORTATION

- **Ride within Lincoln to the Centers**  
▲ 402-441-7158
- **Lancaster County Public Rural Transit** - Scheduled transportation to and from Lincoln and rural Lancaster County areas. Handicap accessible.  
▲ 402-441-7031
- **Other options in the community** - Listings available at 402-441-7070.

### LIVING WELL MAGAZINE

This free quarterly magazine features stories of interest to older adults and is mailed directly to their homes. To suggest a story idea or advertise with *Living Well*, call David Norris at 402-441-6156 or email [dnorris@lincoln.ne.gov](mailto:dnorris@lincoln.ne.gov). To receive *Living Well* by email instead of in the mail, call 402-441-6146 or email [delrod@lincoln.ne.gov](mailto:delrod@lincoln.ne.gov).

### LIVE & LEARN

A monthly TV show for and about older adults on 5 CITY-TV, Channel 5 and video-on-demand at [www.lincoln.ne.gov](http://www.lincoln.ne.gov) (keyword: vod) or Live & Learn's YouTube channel at [www.lincoln.ne.gov](http://www.lincoln.ne.gov) (keyword: live & learn). View on 5 CITY-TV or online at [www.lincoln.ne.gov](http://www.lincoln.ne.gov).

- Mondays at 11 a.m.
- Wednesdays at 5 p.m.
- Thursdays at 7 p.m.
- Fridays at 11:30 a.m.
- Sundays at 3:30 p.m.

These are minimum airing times. Show re-airs at various other times throughout the month.

### MULTI-COUNTY PROGRAMS

- **Butler County Senior Services**  
Diana McDonald, 402-367-6131
- **Fillmore County Senior Services**  
Brenda Motis, 402-759-4922
- **Polk County Senior Services**  
Jan Noyd, 402-764-2252
- **Saline County Aging Services**  
Amy Hansen, 402-821-3330

- **Seward County Aging Services**  
Kathy Ruzicka, 402-761-3593
- **York County Aging Services**  
Lori Byers, 402-362-7626

### CARE MANAGEMENT

**All Counties: 800-247-0938**

**Care Management Coordinator**  
**Joyce Kubicek**

- **Butler County**  
Becky Romshek, 402-367-4537
- **Fillmore County**  
Rhonda Stokebrand, 402-759-4922
- **Polk County**  
Amy Theis, 402-747-5731
- **Saline County**  
Trudy Kubicek, 402-826-2463
- **Saunders County**  
Mary Dailey, 800-247-0938
- **Seward County: 800-247-0938**
- **York County: Jerri Merklinger**  
402-362-7626

### SENIOR CARE OPTIONS (SCO) AND MEDICAID WAIVER

- 402-441-7070 or 800-247-0938

**402-441-7070**

In Nebraska **800-247-0938**  
**[aging.lincoln.ne.gov](http://aging.lincoln.ne.gov)**



# Aging Partners News and Events

## Start Electronically Receiving Your Copy of *Living Well* Magazine Today!

When you receive *Living Well* magazine by email, you have direct access to many services. Click your mouse on any website listed and you are linked directly to a service or advertiser's website. There are wonderful stories in every issue of *Living Well*. By visiting the Aging Partners website, you will find current and past issues. Call Deb Elrod at 402-441-6146 or email her at [delrod@lincoln.ne.gov](mailto:delrod@lincoln.ne.gov) to sign up.



## Health and Wellness

### Aging Partners Health and Fitness

Monday through Friday  
8 a.m. to 4 p.m.  
233 S. 10th St., Suite 101

A certified personal trainer is available Tuesdays and Thursdays from 9 a.m. to 2 p.m. or by appointment. \$10 monthly suggested contribution for people age 60 and over. \$15 fee for people under age 60.

All ages are welcome at the fitness center. If you are on a break from work, feel free to stop and check out all we have to offer. Cardio equipment, new strength training equipment, free weights, balance and other exercise aids also are available at the center.

*For most Health and Fitness classes, there is a \$3 per class suggested contribution for people age 60 and over or a \$4 per class fee for people under age 60. Punch cards are available. Preregistration is required for all classes. Please call 402-441-7575 to register.*

### Chair Tai Chi

This ongoing program is based on the modified Tai Chi – Moving for Better Balance 8 Form Program. Participants are taught simple movements they can practice sitting or standing near a chair.

- Aging Partners  
Health and Fitness Center  
233 S. 10th St., Suite 101  
Tuesdays, 9:45 to 10:30 a.m.

### Movement and Music (nine-week session)

Join us in this new movement and music class that explores elements of dance in a no-pressure, social environment in which music

energizes, enriches and empowers. All levels of mobility are welcome. No dance experience is necessary. The class is at a comfortable pace. Research has shown that dance reduces stress and depression; improves flexibility, strength, balance and endurance; and reduces the risk of dementia.

- Auld Recreation Center  
3140 Sumner St.  
Mondays, 10:30 to 11:45 a.m.  
Sept. 12 – Nov. 7

### Dynamic Movement

Each class focuses on stretching, breathing and a unique combination of exercises and dance steps that will isolate muscle groups, enhance flexibility, increase heart rate and improve strength. Most routines are done from a chair or standing near a chair.

- St. Mark's United Methodist  
Church Gymnasium  
8550 Pioneers Blvd.  
Tuesdays, 3:30 to 4:30 p.m.  
(eight-week session)  
Sept. 13 – Nov. 8 (no class Oct. 4)  
Thursdays, 3:30 to 4:30 p.m.  
(eight-week session)  
Sept. 15 – Nov. 10 (no class Oct. 6)
- Cotner Center Condominium  
1540 N. Cotner Blvd.  
Use Cotner Blvd. entrance  
Mondays, 2 to 3 p.m.  
(10-week session)  
Sept. 19 – Nov. 21

### Contemporary Yoga (10-week session)

This renewing practice uses body postures, breathing and relaxation to bring about a sound and healthy body. Movements consist of a variety of positions and poses that have strengthening and restorative benefits.

- Cotner Center Condominium  
1540 N. Cotner Blvd.  
Use Cotner Blvd. entrance  
Mondays, 9 to 10 a.m.  
Sept. 19 – Nov. 21

### Chair Yoga (eight-week session)

Chair yoga is one of the gentlest forms of yoga available. It is a unique style that adapts yoga positions and poses through creative use of a chair. Poses are done while seated and the chair is used for support during standing and balance poses. Emphasis will be on breathing, balance and taking things at your own pace. Chair yoga is suitable for all ages, fitness levels and physical conditions. Beginners welcome.

- Vermeer House  
Senior Health Promotion Center  
St. Mark's Vermeer Education Center  
4000 S. 84th St., lower level

Wednesdays, 3 to 4 p.m.  
Sept. 14 to Nov. 9  
(no class Oct. 5)

### Beginners Tai Chi for Balance and Fall Prevention Class – Basic 8 Form

Auld Recreation Center  
3140 Sumner St.

This is a modified program for older adults. It is designed to improve posture, enhance balance and build strength. Participants are taught simple movements that are performed slowly.

- Thursdays, 9 to 10 a.m.  
Sept. 8 – Oct. 27  
(eight-week session)
- Nov. 3 – Dec. 8  
(five-week session)  
(no class Nov. 24)

### Traditional Tai Chi – 24 Form

Auld Recreation Center  
3140 Sumner St.

Tai Chi has been shown to reduce stress, enhance core strength and balance, and stimulate mental clarity. Participants will practice slow and gentle Tai Chi movements while learning to incorporate healthy breathing techniques into each of the forms. Classes include full instruction.

- Fridays, 9 to 10 a.m.  
Sept. 9 – Oct. 28  
(eight-week session)
- Wednesdays, 9:30 to 10:30 a.m.  
Nov. 9 – Dec. 14  
(six-week session)

### Tai Chi – Continuing 24 Form

This class is suggested for those who have completed the 24 Form instructional classes.

- Auld Recreation Center  
3140 Sumner St.  
Fridays, 10:30 to 11 a.m.  
Sept. 9 – Oct. 28  
(eight-week session)
- Cotner Center Condominium  
1540 N. Cotner Blvd.  
Mondays, 10:30 to 11 a.m.  
Sept. 19 – Nov. 21  
(10-week session)

### Stepping On – Building Confidence and Reducing Falls

Stepping On is a community-based fall prevention program intended to educate participants and build confidence to reduce or eliminate falls. Classes meet for two hours, once a week for seven weeks. Participants learn the most up-to-date information about fall prevention. Workshop topics include simple and fun balance and strength exercises; along with information on how vision, medication, safe walking outside and footwear can aid in the prevention of falls. This program is funded in part by the Community





Health Endowment of Lincoln.

- Lincoln – Lancaster County Health Department Training Center lower level 3140 “N” St. Tuesdays, 1 to 3 p.m. Oct. 4 – Nov. 15
- Eastmont Towers 6315 “O” St. Fridays, 2 to 4 p.m. Oct. 7 – Nov. 18
- Savannah Pines 3900 Pine Lake Road Mondays, 2 p.m. to 4 p.m. Oct. 10 – Nov. 21
- Madonna ProActive 7111 Stephanie Lane Tuesdays, 10 a.m. to noon Oct. 4 – Nov. 22 (no class Nov. 8)

#### **Mindfulness Meditation**

***Based on the work of Jon Kabat-Zinn (six-week session)***

Too often we are missing out on our very lives – caught up in our burdensome thoughts of the past and obsessing about our plans for the future. We live our lives on auto-pilot as we try to get through our to-do lists each day. Meanwhile we miss the only experience that is truly REAL – the present moment, right here, right now.

In this course, we engage in periods of formal meditation, interspersed with group dialogue and informal teaching. We will explore the possibility of growing more deeply into ourselves in ways that can allow us to live our lives “as if it really mattered,” in the only moment we ever have – this one.

Both newcomers and longtime practitioners of mindfulness are welcome. No experience or equipment is necessary, only the desire and intention to live more fully, more deeply – awake to the sheer wonder of being alive.

Rachel Miller is a meditation teacher in Lincoln who has recently studied with Jon Kabat-Zinn in New York. She is excited to bring this loving, non-religious practice to anyone who desires to wake up to the fullness of their life-experience.

- Gere Library 2400 S. 56th St. Wednesdays, 1:30 to 2:30 p.m. Oct. 12 – Nov. 16

#### **Relax, Rejuvenate and Renew**

This half-day mini retreat is for family caregivers or anyone looking to recharge their physical, emotional and spiritual batteries. Programs include The Transformative Power of Music; Dream On, presented by Tracie Foreman; The Astonishing Power of Appreciation, presented

by Debbie Way; and Yoga for Relaxation and Stress Management, presented by Terri Swanson.

Registration deadline is Tuesday, Oct. 20.

Register online at [www.bit.ly/RegisterCE](http://www.bit.ly/RegisterCE), or call 402-441-7575 or 402-437-2700 for a registration form.

- Friday, Oct. 21 9 a.m. to 2:30 p.m. Southeast Community College Jack Huck Continuing Education Center 301 S. 68th Street Place

#### **Stepping On - Building Confidence and Reducing Falls**

Leader/Facilitator Training

Oct. 11, 12 and 13 9 a.m. to 4 p.m.

Aging Partners Lincoln Downtown Senior Center 1005 “O” St., Lincoln

Participants will be given parking validation tickets for Center Park Garage or County-City Building parking lot.

Training will be conducted by Stepping On Master Trainers Sharon Cheney, RN, MA, and Pat Mehmken, RN, MS.

#### **What is Stepping On?**

Stepping On is a community-based fall prevention program aimed at educating participants and building confidence to reduce or eliminate falls. It is considered the highest tier evidence-based program endorsed by the Centers for Disease Control, Administration on Aging and the National Council on Aging.

#### **Why should I consider becoming a facilitator?**

You will have the satisfaction of discovering the contents of the program and learning the key elements of fall prevention. You will practice group leadership and facilitation skills you can use in other areas of your life.

Most importantly, you will watch older adults with a fear or history of falls gain important knowledge and skills to reduce falls and gain confidence.

If you are a current or retired educator; nurse, health, human services or physical activity professional; or an interested volunteer, please contact Peggy Apthorpe, Aging Partners Health and Fitness coordinator, at 402-441-7796 or [papthorpe@lincoln.ne.gov](mailto:papthorpe@lincoln.ne.gov) for more information.

#### **Vermeer House**

##### **Senior Health Promotion Center**

St. Mark’s Vermeer Education Center 4000 S. 84th St., lower level

Services available to people age 60 and over include comprehensive foot care, blood pressure, blood glucose, cholesterol, osteoporosis screenings and health education. This clinic is located just north of the church. \$15 suggested contribution

will enable these services to continue.

- Wednesdays, 9:30 a.m. to 1:30 p.m. Oct. 5, 12, 19 and 26 Nov. 2, 9, 16 and 30 Dec. 14 (foot care only)

#### **Downtown**

##### **Senior Health Promotion Center**

1005 “O” St., lower level

Services available to people age 60 and over include comprehensive foot care and ear wax removal, blood pressure, blood glucose, cholesterol screenings and health education. \$15 suggested contribution will enable these services to continue.

- Thursdays, 9:30 a.m. to 1:30 p.m. Oct. 6, 13 and 27 Nov. 3, 10 and 17 Dec. 1 Dec. 15 (foot care only)

#### **Living Well – Take Charge of Your Health (six-week session)**

This evidence-based program developed at Stanford University over 20 years ago is designed to help participants improve self-management of their daily health and be the best they can be. It helps people take control of their health using small steps toward positive changes and healthier living. People with ongoing health conditions and those wanting to maintain and improve their health can benefit from this workshop.

- Vermeer House Senior Health Promotion Center St. Mark’s Vermeer Education Center 4000 S. 84th St., lower level Wednesdays, 10 a.m. to noon Oct. 12 – Nov. 16

#### **Brain Matters: Use It And Get More Out Of It!**

Thursdays, Nov. 3

9 a.m. to noon (check-in at 8:30 a.m.)

Jack J. Huck Continuing Education Center 301 South 68th Street Place

Cost: \$15

Call 402-437-2700 by Oct. 27 to pre-register.

Certain lifestyle choices, attitudes and exercises contribute to your brain fitness. Learning new skills can alter the physical makeup and function of your brain, and can help you maintain an engaged and creative lifestyle. Learn from experts in the field of aging, Dr. Ryan C. Ernst, Psy.D., and Dr. Julie Blasiewicz Boron, Ph.D. Space is limited, so register early. Sponsored by Aging Partners, Osher Lifelong Learning Institute (OLLI) and Southeast Community College. Early morning light refreshments will be served.

*Continued on page 38*

# Aging Partners News and Events

*Continued from page 37*

## Entertainment

### Day Trip Tour

Join us for a reasonably priced day-trip featuring entertaining places and activities. A minimum of 32 riders is necessary to confirm these tours. For details and reservations, call 402-441-7158.

- “American Spirits: Prohibition and Homebrew Adventure”  
Wednesday, Oct. 26  
Durham Museum, Omaha  
Departure: 9 a.m. from Northeast Center  
Return: about 4 p.m.

“American Spirits: The Rise and Fall of Prohibition.” Step back in time to an era of flappers and suffragists, bootleggers and temperance workers, and real-life legends like Al Capone and Carrie Nation. Experience the prohibition era through rare artifacts, official documents, fashions and even a re-created speakeasy! “Homebrew: A Spirited History of Omaha,” a bonus exhibit, recounts the days of Omaha’s Krug, Metz and Storz breweries. Omaha has always been a “Beer Town.” See how the brewing industry had great implications on Omaha during prohibition. Next, it’s lunch at Valentino’s Buffet and a tour of the Deer Springs Winery (sampling at your cost). Your reservations and payments are due by Tuesday, Oct. 20. For reservations, call 402-441-7158. Cost: \$60

### Downtown Fright Fest

Friday, Oct. 28, 10 a.m. to noon  
Downtown Center, 1005 “O” St.  
\$4 meal suggested contribution for people age 60 and over.  
\$8 meal fee for people under age 60.  
\$4 transportation for people age 60 and over.

What isn’t there to love about Halloween? Candy, spooky movies, decorations, ghost stories, costumes –and that’s just barely scratching the surface! Join us for our annual Halloween party. You can dress as your favorite spook or character, and you might even win the costume contest. Be warned: we might just scare the ugly outta’ ya! Party begins at 10 a.m. Lunch served from 11 a.m. to 12:15 p.m. For your meal reservation, call 402-441-7154 by Tuesday, Oct. 25.

### Annual Senior Prom

featuring the music of “Fine Wine”  
Sunday, Nov. 6, 2 to 4 p.m.  
UNL East Campus Student Union  
Great Plains Room  
1705 Arbor Drive

The “Pepsi Service Scholars” are a group of UNL students selected to take a class in

service-learning. Each year, the class holds a free senior prom for the older adults in the community to dance, eat great food and have a fun-filled afternoon. So, put on your dancing shoes and join us at the prom! For more information, call 402-441-7157.

### Native American Heritage Month Event

“Black Elk Sings: A Native Flute Celebration in Six Movements” featuring Michael Murphy and Pete Spotted Horse  
Thursday, Nov. 10  
Cotner Center Condominium  
1540 N. Cotner Blvd.  
Dinner and show: 5:30 p.m.  
\$10 suggested contribution for people age 60 and over.

\$10 meal fee for people under age 60.  
Show only: 6:30 p.m., \$5 admission  
\$4 transportation suggested contribution for age 60 and over.

In the summer of 1930, as part of his research into the Native American perspective on the Ghost Dance movement, Nebraska poet laureate and writer John G. Neihardt received permission from the Bureau of Indian Affairs to go to the Pine Ridge Reservation. Neihardt met with Black Elk, who was an Oglala holy man. His intention was to interview someone who had participated in the Ghost Dance. At age 13, Black Elk participated in the Ghost Dance, the Battle of the Little Big Horn, and had survived the 1890 Wounded Knee Massacre. The result of these interviews was Neihardt’s book “Black Elk Speaks.” Native American flute player and composer Michael Murphy was inspired by the book to create “Black Elk Sings,” a tribute to the Native American Spirit in six movements. Lakota Spiritual Leader Pete Spotted Horse also will bring us his observations on the visions of Black Elk.

### Veterans Recognition and Lunch

Thursday, Nov. 10, 10 a.m.  
Northeast Senior Center  
6310 Platte Ave.  
Lunch: 11:30 a.m.  
Veterans eat free in recognition of their service.  
\$4 meal suggested contribution for people age 60 and over.  
\$8 meal fee for people under age 60.  
Within Lincoln city limits, \$4 transportation for people age 60 and over.

There will be a special roll call recognition of our veterans and their service. Musical entertainment by “The Unpaid Bills.” Call 402-441-7151 for your meal reservation by 1 p.m., Friday, Nov. 4.

### Veterans Celebration Dance

featuring the live music of the Humdingers  
Tuesday, Nov. 22, 7 to 10 p.m.  
Auld Pavilion, 1650 Memorial Dr.

Aging Partners and Humana value the contributions our servicemen and women have made to our country and community. So, as a special thank you, we are celebrating with an evening of great classic country and 50s and 60s musical nostalgia. There will be dancing, refreshments and a surprise or two. Put on your dancing shoes and help celebrate our veterans. All ages are welcome! Sponsored by our friends at Humana.

### “Music Fest”

Meal and Show  
featuring Robert Patton, baritone vocalist  
\$4 meal suggested contribution for people age 60 and over.  
\$8 meal fee for people under age 60.  
\$4 suggested contribution for transportation.

Talented baritone vocalist, Robert Patton will sing a variety of music from light classical to familiar show tunes, along with some Christmas music. Patton completed a 20-year career with the U.S. Air Force Singing Sergeants in Washington, D.C. He performs an extensive repertoire, including opera, show tunes, Broadway hits and more. For reservations, call the Lake Street Center at 402-441-7157 or the Downtown Center at 402-441-7154, two days in advance. Sponsored by the Lincoln Musicians’ Association, Local 463, American Federation of Musicians, the Music Performance Trust Fund and Film Funds.

- Wednesday Nov. 30, 10:30 to 11:30 a.m.  
Lake Street Center, 2400 S. 11th St.
- Thursday Dec. 1, 11 a.m. to noon  
Downtown Center, 1005 “O” St.

### Holiday Lights

CaraVAN Tour  
Dinner and holiday music: 5:30 p.m.  
Lights tour departure: 6:30 p.m.  
\$8 meal suggested contribution for people age 60 and over.  
\$8 meal fee for people under age 60.  
\$6 transportation suggested contribution for people 60 and over.

Who doesn’t love the holidays? Holiday treats, holiday sweaters and of course, all those glowing holiday lights brightening our city! Join us for holiday music with Gary O’Brien at the piano, a tasty Hy-Vee catered meal at the Downtown and Northeast Centers, and a “Holiday Lights CaraVAN Tour” of some of Lincoln’s most beautiful holiday light displays! Seating is limited. For reservations, call the Downtown





Center, 402-441-7158 by Monday, Dec. 5, or Northeast Center at 402-441-7151 by Wednesday, Dec. 7.

- Downtown Center, Wed. Dec. 7  
Snow date: Wednesday, Dec. 14
- Northeast Center, Friday, Dec. 9  
Snow date: Friday, Dec. 16

#### Special Holiday Celebration Meals

Nov. 14 - 18 and Dec. 12 - 16

\$6 meal suggested contribution for people age 60 and over.

\$9 meal fee for people under age 60.

If you have never eaten a delicious meal at one of our Aging Partners Centers, the holidays are the best time to give us a taste. Make us a special part of your holiday plans. Many centers will feature holiday entertainment. Make your reservations at your nearest center, or call 402-441-7158 for our center locations.

- November holiday meal schedule:  
Monday, Nov. 14: Firth  
Tuesday, Nov. 15: Belmont, Bennet and Northeast  
Wednesday, Nov. 16: Asian and Hickman  
Thursday, Nov. 17: Bennet, Downtown and Lake

Friday, Nov. 18: JoAnn Maxey and Waverly  
Menu: Turkey, dressing, mashed potatoes, gravy, green beans with almond slivers, cranberry surprise salad, whole wheat dinner rolls and pumpkin pie with non-dairy whipped topping

- December holiday meal schedule:  
Monday, Dec. 12: Firth  
Tuesday, Dec. 13: Belmont, Bennet and Northeast  
Wednesday, Dec. 14: Asian and Hickman  
Thursday, Dec. 15: Bennet, Downtown and Lake  
Friday, Dec. 16: JoAnn Maxey and Waverly  
Menu: Stuffed chicken breast, twice baked potato, California vegetable casserole, whole wheat rolls, berry pie with ice cream

#### Downtown Center Christmas Holiday Meal

with Harpist, Heidi Beran

Thursday Dec. 15

10 a.m. to noon

Downtown Center, 1005 "O" St.

\$6 meal suggested contribution for people age 60 and over.

\$9 meal fee for people under age 60.

\$4 transportation suggested contribution for people age 60 and over.

Enjoy our wonderful Christmas holiday meal while listening to the musical talents of Heidi Beran. Heidi is a freelance harpist and private music educator in the Lincoln area. Her harp playing is sure to put you in the holiday mood.

#### Northeast Center

Holiday Meal Entertainment

- Thanksgiving meal entertainment  
Tuesday, Nov 15, Chris Sayre  
10 to 11 a.m.  
Call by Thursday, Nov. 10  
with your meal reservations.
- December meal entertainment  
Tuesday, Dec. 13, Jimmy Mack  
10 to 11 a.m.  
Call by Friday, Dec. 9  
with your meal reservations.

#### Severe Weather Closings

In the event of severe winter weather or dangerous icy conditions, the Aging Partners Centers may be closed. As a rule, if Lincoln Public Schools are closed, Aging Partners Senior Centers also will close. Please listen to KFOR radio for the most accurate and up-to-date Senior Center closing information. **lw**

# LivingWell

*Investing in today's and tomorrow's older adults*

## Suggested Contribution Levels:

\$12 \_\_\_ \$25 \_\_\_ \$50 \_\_\_ Other \_\_\_

### And receive,

- Four print issues of *Living Well*, including online editions.
- At your request, a note of acknowledgment will be sent to those receiving your gift in their honor or memory.

Please mail to: Living Well, 1005 "O" St.  
Lincoln, NE 68508-3628

"When you provide a check as payment, you authorize us either to use the information from your check to make a one-time electronic fund transfer from your account or to process the payment as a check transaction. When we use information from your check to make an electronic fund transfer, funds may be withdrawn from your account as soon as the same day you make your payment, and you will not receive your check back from your financial institution."

A special invitation to the 57,200 age 60 and over adults, their families and caregivers residing in Butler, Fillmore, Lancaster, Polk, Saline, Saunders, Seward and York counties in Nebraska.

Your contribution helps Aging Partners publish the area's premiere resource for those 60 and over. Join us in supporting healthy, full and independent living.

\_\_\_ Check or money order payable to *Living Well* enclosed.  
*Sorry, we don't accept credit cards.*

Name: \_\_\_\_\_

(Mr., Mrs., Miss., Ms.) Please print

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Phone: \_\_\_\_\_ Spouse's name: \_\_\_\_\_

Date of birth: \_\_\_/\_\_\_/\_\_\_ Last 4 digits of SSN: \_\_\_\_\_

Spouse DOB: \_\_\_/\_\_\_/\_\_\_ Last 4 digits of SSN: \_\_\_\_\_

Email address required to receive *Living Well* online:

\_\_\_\_\_

# The EASTMONT WAY



The WAY we dine

Experience fine dining in our spacious dining venues.



The WAY we play

Enjoy a lifestyle that allows you to spend your time pursuing things that give you the most pleasure.



The WAY we live

Make your home in one of our well-designed apartments which feature upscale finishes and comfortable living spaces.



6315 O Street | Lincoln, NE 68510  
402.489.6591 | [EastmontLiving.com](http://EastmontLiving.com)

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